



KALEIDOSCOPE

Envisioning a world in which individuals with psychiatric and neurologic disorders receive optimal treatment, live free of stigma, and achieve their full potential

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FOCUS: THE SILVER LINING OF 2020



Brenda Schimenti, CPNP and CPNP Foundation Executive Director

"Can we uninstall 2020, this version has a virus in it" memes have swarmed us on social media as an apt descriptor of the unwanted twists and turns our professional and personal lives have taken as we collectively battle the COVID-19 pandemic. Though they can't compensate for the loss of life, the economic drain, the isolation, and other negative impacts of the pandemic, we are experiencing some of the silver linings of the pandemic such as more family time, deeper relationships, and innovation and inventiveness. The silver lining for the CPNP Foundation has been focus.

The CPNPF Board, in consultation with the CPNP Board, spent a good portion of 2020 envisioning its future and exploring the impact we want to make in advancing the psychiatric pharmacy profession in collaboration with CPNP as our parent organization over our next decade.

Distilled down, the CPNP Foundation is focused on:

- Supporting research
- Supporting scholarship
- Supporting practitioner development

And though we don't want to wish away time, we are excited to kick off our next decade with renewed energy and focus with MORE of the following:

Research

- Defining the Future Research grant awards will increase from 4 to 6 awards (application window opens summer 2021)
- **New!** Up to 4 COVID19 Care Grants will be awarded in early 2021 (applications close 12/15/20)



Scholarship

- Student registration grants to CPNP 2021 will continue to introduce pharmacy school students to a rewarding career in psychiatric pharmacy
- **New!** Each CPNP resident member will benefit from a \$50 reduction in their CPNP 2021 registration to counter reduced educational support and allow them to benefit from the critical education, research dialogue, and networking provided through this annual event
- **Coming Soon!** Up to 4 of CPNP's 50+ student chapters will be provided a grant to support a local event or activity highlighting the role of pharmacy in caring for those with mental illness and/or addiction

Practitioner Development

- **New!** Communicating virtually is more prevalent than ever and facilitating remote conversations and meetings requires unique skills. Learn and practice these much needed skills through our unique facilitator training featuring hands on application, coaching, and opportunities for implementation.

Aggressive goals of course require funding and though we know the pandemic has affected many, any donation you can provide, small or big, is helpful in supporting this increased slate of activities and services. You can easily donate online and watch our progress in reaching our \$50,000 goal in 2020.

Another silver lining for CPNPF is the dedicated CPNP Foundation Board of Directors. We recognize member **Dean Najarian, PharmD, BCPP**, as he leaves the Board after 6 years of service. His passion for psychiatric pharmacy, his colleagues, and the patients we serve has contributed to the growth and success of the Foundation. Additionally, we recognize **Ann Richards, PharmD, BCPP**, Foundation Board member from 2010-2015, who we lost from cancer a few weeks ago. The time and talent that volunteers such as Dean contribute to the Foundation are the building blocks to continued success and impact.



We thank you for your support of CPNP Foundation and its initiatives. As we continue to weather the COVID storm, we hope you find your silver linings.

2020 YEAR-END CAMPAIGN: YOUR SUPPORT NEEDED FOR GROWING INITIATIVES

The COVID-19 pandemic has impacted all of us whether it is through budgetary constraints in health systems and other areas of practice or the increased communication with patients and colleagues through virtual means. Driven by its mission to advance the psychiatric pharmacy profession by supporting research, scholarship, and practitioner development, the CPNP Foundation (CPNPF) is working to be innovative in supporting psychiatric pharmacy during this global crisis through the activities detailed below:

Donate Now to Support CPNPF 2021 Initiatives

1. **[Student Registration Grants](#)**: Though not new, CPNPF is pleased to offer 25 competitive student registration grants to CPNP 2021.
2. **[Resident Registration Discount](#)**: In a summer 2020 survey, only 34% of RPDs indicated their resident would receive full registration support to CPNP 2021. As a result, CPNPF is extending a \$50 coupon to each resident member of CPNP to help reduce the expense of CPNP 2021 yet ensure access to the quality information and networking available. Residents can use coupon code RESIDENT2021 at [registration](#) checkout.
3. **[Facilitation Training to Conduct Effective Meetings](#)**: Facilitation skills are an essential tool for psychiatric pharmacists in their professional settings and in their patient interactions. This CPNPF funded training is intended to provide pharmacists with tools that can be used to foster collaboration in decision making and action - among individuals, organizations or communities. With facilitation training, CPNP is striving to train pharmacists to host meaningful conversations that result in shared decisions or resolve, reach consensus, hear all voices, let groups deal with more data in less time, pool individual contributions into larger more informative patterns, foster strategic thinking that leverages the group wisdom and creativity, and promotes high levels of group ownership for the resulting plan. These newly trained facilitators will practice their skills during the networking sessions during CPNP 2021.
4. **Trivia Night**: Cap off a full day of learning at CPNP 2021 by participating in a trivia event designed to promote fun and the deepening of connections between new and old friends. **More Information Coming Soon!**
5. **#ShiningLightonMentalIllness**: Be looking for more details about the CPNPF/NAMI 2021 fundraiser intended to blow up social media with hundreds of messages shining our light on mental illness. **More Information Coming Soon!**

More, More, More is our rallying call for 2021. In addition to all of the activities supporting you and your colleagues at CPNP 2021, CPNP Foundation will be supporting:

1. A total of 6 [Defining the Future Awards](#) in 2021.
2. Up to 4 total [COVID-19 research grants](#)
3. A NEW grant program awarding dollars to one or more student chapters implementing a project or event that will impact their local community and/or students, including pharmacy students due to its focus on mental health and/or the value of the psychiatric pharmacist in improved mental health.
4. A virtual Mental Health First Aid offering

We are working to combat a world of uncertainty and need with more...more research, more education, more professional development, and more local activities. We recognize the challenges our country is facing and that you may be facing. Whether it is a little or a lot, we ask that you support the important work of the CPNP Foundation by making a donation toward our campaign goal which goes 100% toward supporting our 2021 initiatives.

COVID CARE RESEARCH GRANT APPLICATION DEADLINE: DECEMBER 15, 2020

Thanks to a generous donor, the CPNP Foundation will be awarding up to 4 grants as part of its [COVID Care Grant Program](#). Up to \$10,000 in grants are available to support improvements in or access to psychiatric pharmacy during the COVID-19 pandemic. Grant awards will be in increments of \$2,500 or \$5,000 and are intended to support research projects that support improvements in or access to psychiatric pharmacy care during the pandemic.

Grant Criteria

1. The principle investigator (PI) must be a [member of the College of Psychiatric and Neurologic Pharmacists](#), the Foundation's parent organization. The PI will submit the application as the representative for the project team (if applicable). If the PI is a student, resident, or fellow, the applicant must have a faculty member or residency/fellowship program advisor who will be responsible for overseeing the project and managing the budget.
2. Proof of IRB approval is required by April 1, 2021. The approval may be uploaded along with the application or sent to info@cpnpf.org at a later date. The IRB approval is not required prior to the application submission; however, if the project is selected for a grant award, the approval is required prior to the distribution of any grant funds.
3. The project abstract must be submitted for poster consideration at the 2022 CPNP Annual Meeting (early January 2022 submission deadline). The poster abstract is also eligible for a CPNP Research and Practice Award, which requires a separate application. If the abstract is accepted, the PI or a member of the research team must present the preliminary or final results at the annual meeting in San Antonio, TX, April 24-27, 2022.
4. The grant application requires information about the investigative research team, the project site, and the project details, and a CV must be submitted for each team member. An itemized budget is also required and may include costs allocated to travel to the 2022 CPNP Annual Meeting.
5. The completed grant application must be marked as final and submitted online by 11:59 p.m. Central Standard Time on Monday, December 15, 2020. Awards will be announced by February 1, 2021.



Questions on the application process can be directed to info@cpnpfoundation.org.

MEANINGFUL CONVERSATIONS: FACILITATION WORKSHOP OFFERED TO HONE YOUR SKILLS

The COVID-19 pandemic has greatly changed how we interact with everyone, including our family, friends, patients, students, and coworkers. CPNP worked quickly to provide webinars on telehealth and to develop resources so that psychiatric pharmacists would continue to provide a high level of care. The CPNP RPD Community presented on precepting during a pandemic. The CPNP Teaching Community discussed supporting student mental health during a pandemic. You have likely worked hard to find ways to stay connected to others on a personal level.



However, many have neglected a skillset that governs the world. Inefficient in-person meetings have been converted into painful virtual meetings. Recall the deafening silence when no one chimes in – or the confusion when people talk over each other. Think of your many meetings with no resolution, and decide to put an end to Zoom fatigue. We all need to make more time to talk and to have meaningful discussions.

[The CPNP Foundation is excited to support a workshop in 2021 to train 25 pharmacists to design and facilitate effective virtual meetings!](#)

Meeting design and facilitation are real skills that can be learned, practiced, and improved. Indeed, the workshop will be led by a Certified Technology of Participation (ToP) Facilitator with years of experience and a background in public health. The [Facilitating Effective Virtual Meetings Workshop](#) provides hands-on training in established techniques to plan and facilitate effective virtual meetings. The resulting skills can be applied to peer discussions, office planning meetings, project review meetings, and other types of professional and personal meetings. Meeting design is an essential step, especially with virtual meetings, but the facilitation tools will help participants to lead consensus-building discussions in any context.

The CPNP Foundation understands that tomorrow's psychiatric pharmacists need more than just clinical skills. Facilitation will help the participants be well-rounded professionals who can contribute more effectively to their health care teams, to their institutions, and to their communities.

The workshop spans 10 weeks, culminating in facilitating discussions at CPNP 2021. By leading [the Daily Debrief sessions](#), participants will gain hands-on experience with the techniques while building connections with other CPNP members and helping everyone to have the best possible Annual Meeting experience.

[Learn more and apply today to be part of this workshop!](#)

[To support this and other CPNPF initiatives, donate today!](#)

CPNP 2021 STUDENT GRANT APPLICATIONS DUE JANUARY 13

The CPNP Foundation is proud to announce the continued funding of student registration grants to CPNP's Annual Meeting. Thanks to CPNP Foundation donors, up to 25 students will receive grants to attend the Virtual 2021 CPNP Annual Meeting, April 19-23! The [online application portal](#) is open, and all applications are due January 13, 2021. To be eligible, a student applicant must be a full-time pharmacy student in pursuit of her/his first professional pharmacy degree, a paid student member of CPNP in good standing, and must not have previously received this grant. A full list of [grant criteria](#) can be found online.



The CPNP Student Committee will facilitate the grant selection process after the application deadline, and notifications will be sent by February 12, 2021. Each student recipient will receive a full student registration to the [2021 CPNP Annual Meeting](#) - a \$95 value! These grants are possible because of the generous support of [CPNP members and the CPNP Past Presidents' Destiny Fund](#), which specifically supports student registration grants.

2020 DEFINING THE FUTURE GRANT RECIPIENTS ANNOUNCED

The CPNP Foundation is pleased to announce the recipients of the fifth annual [Defining the Future Research Grant Awards](#). The CPNP Foundation was incredibly encouraged by all of the submissions from students, residents, and fellows who are working to improve the lives of people living with mental disorders and their caregivers. Thank you to everyone who applied and is doing this important research!

A requirement of the **Defining the Future** grant program is that the research project must mirror the mission and vision of the CPNP Foundation. After a thorough evaluation process, the grant selection team chose six grant recipients. The award recipients are as follows (in alphabetical order):

- **Madilyn Eberle**, Pharmacy Student, Purdue University College of Pharmacy: "Assessing the Need for Trans-inclusive Education Amongst Practicing Community Pharmacists"
- **Zach Krauss**, Pharmacy Student, Cedarville University School of Pharmacy: "Analyzing the Effect Art Therapy Interventions and Wellness Programs Have on Graduate Pharmacy Students' Mental Health"
- **Anthony Reeves**, PharmD, Pharmacotherapy Fellow, Larkin University, College of Pharmacy: "Psychiatric Drug-nutrient Interactions of Vitamin D: A Retrospective Study"
- **Kelsey Reivers**, Pharmacy Student, Wingate University Levine College of Health Sciences: "Assessing the Impact of Mental Health First Aid (MHFA) Training on Health Profession Students' Attitudes Towards Mental Health and Mental Health Literacy"
- **Aaron Salwan**, PharmD, MPH, PGY2 Psychiatric Pharmacy Resident, Rutgers, the State University of New Jersey Monmouth Medical Center: "Perceptions and Efficacy of Brexanolone for the Treatment of Postpartum Depression: A Mixed Methods Analysis"
- **Andreea Temelie**, PharmD, PGY2 Psychiatric Pharmacy Resident, UPMC Western Psychiatric Hospital: "Deprescribing in Older Adults during Inpatient Psychiatric Hospitalization: Impact of Pharmacist Intervention and Interprofessional Collaboration"



Defining the Future Grants are awarded annually. Applications are due late summer and recipients are announced in early October. Pharmacy students, residents, and fellows are eligible to apply. Now is the time to start thinking about your research project and planning to apply during the 2021 grant cycle. Additional information will be posted online at cpnpf.org/grants when it becomes available.

Congratulations to Deepika Rao, 2017 Grant Recipient, on [Publication of her Research](#) on Knowledge, Attitudes, and Practices of Community Pharmacists Regarding Persons with Substance Use Disorders

SUPPORT THE CPNP FOUNDATION DURING HOLIDAY SHOPPING WITH AMAZONSMILE

The holidays are almost here, and it's time to start shopping! As you shop the sales on Amazon, consider first going to smile.amazon.com and setting the CPNP Foundation as your preferred nonprofit. You'll find the exact same shopping experience as Amazon.com with the added bonus that Amazon Smile will donate a portion of your purchases to the CPNP Foundation.

AmazonSmile is a simple and automatic way for you to support your CPNP Foundation every time you shop, at no cost to you. After you select the CPNP Foundation on smile.amazon.com, Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

As you cross items off your holiday list, support the CPNP Foundation at the same time. Thank you for your continued support!



#1 holiday hack:

When you buy your gifts at smile.amazon.com, Amazon donates.

amazonsmile